

Full Report (All Nutrients) 11233, Kale, raw

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Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25****Refuse: 28% Refuse Description: Stem ends, tough stems and tough midrib parts**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 1" pieces, loosely packed 16g
Proximates					
Water ¹	g	84.04	6	0.443	13.45
Energy	kcal	49	--	--	8
Energy	kJ	207	--	--	33
Protein ¹	g	4.28	2	--	0.68
Total lipid (fat) ¹	g	0.93	2	--	0.15
Ash ¹	g	2.01	1	--	0.32
Carbohydrate, by difference	g	8.75	--	--	1.40
Fiber, total dietary	g	3.6	--	--	0.6
Sugars, total	g	2.26	--	--	0.36
Minerals					
Calcium, Ca ¹	mg	150	2	--	24
Iron, Fe ¹	mg	1.47	2	--	0.24
Magnesium, Mg ¹	mg	47	2	--	8
Phosphorus, P ¹	mg	92	2	--	15
Potassium, K ¹	mg	491	6	16.414	79
Sodium, Na ¹	mg	38	6	11.413	6
Zinc, Zn ¹	mg	0.56	2	--	0.09
Copper, Cu ¹	mg	1.499	2	--	0.240
Manganese, Mn ¹	mg	0.659	1	--	0.105
Selenium, Se	µg	0.9	--	--	0.1
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 1" pieces, loosely packed 16g	
Vitamin C, total ascorbic acid	mg	120.0	1	--		19.2
Thiamin	mg	0.110	1	--		0.018
Riboflavin	mg	0.130	1	--		0.021
Niacin	mg	1.000	1	--		0.160
Pantothenic acid	mg	0.091	--	--		0.015
Vitamin B-6	mg	0.271	1	--		0.043
Folate, total ¹	µg	141	1	--		23
Folic acid	µg	0	--	--		0
Folate, food ¹	µg	141	1	--		23
Folate, DFE	µg	141	--	--		23
Choline, total	mg	0.8	--	--		0.1
Vitamin B-12	µg	0.00	--	--		0.00
Vitamin A, RAE	µg	500	--	--		80
Retinol	µg	0	--	--		0
Carotene, beta ^{1 2 3}	µg	5927	4	1215.090		948
Carotene, alpha ¹	µg	54	1	--		9
Cryptoxanthin, beta ¹	µg	81	1	--		13
Vitamin A, IU	IU	9990	--	--		1598
Lycopene ¹	µg	0	1	--		0
Lutein + zeaxanthin ¹	µg	8198	1	--		1312
Vitamin E (alpha-tocopherol)	mg	1.54	--	--		0.25
Vitamin D (D2 + D3)	µg	0.0	--	--		0.0
Vitamin D	IU	0	--	--		0
Vitamin K (phylloquinone) ¹	µg	704.8	1	--		112.8
Lipids						
Fatty acids, total saturated	g	0.091	--	--		0.015
4:0	g	0.000	--	--		0.000
6:0	g	0.000	--	--		0.000
8:0	g	0.000	--	--		0.000
10:0	g	0.000	--	--		0.000
12:0	g	0.002	--	--		0.000
14:0	g	0.003	--	--		0.000
16:0	g	0.076	--	--		0.012

Nutrient	Unit	1	Data points	Std. Error	1 cup 1" pieces, loosely packed 16g	
		Value Per 100 g				
18:0	g	0.004	--	--		0.001
Fatty acids, total monounsaturated	g	0.052	--	--		0.008
16:1 undifferentiated	g	0.001	--	--		0.000
18:1 undifferentiated	g	0.049	--	--		0.008
20:1	g	0.000	--	--		0.000
22:1 undifferentiated	g	0.000	--	--		0.000
Fatty acids, total polyunsaturated	g	0.338	--	--		0.054
18:2 undifferentiated	g	0.138	--	--		0.022
18:3 undifferentiated	g	0.180	--	--		0.029
18:4	g	0.000	--	--		0.000
20:4 undifferentiated	g	0.002	--	--		0.000
20:5 n-3 (EPA)	g	0.000	--	--		0.000
22:5 n-3 (DPA)	g	0.000	--	--		0.000
22:6 n-3 (DHA)	g	0.000	--	--		0.000
Fatty acids, total trans	g	0.000	--	--		0.000
Cholesterol	mg	0	--	--		0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--		0.0
Caffeine	mg	0	--	--		0
Theobromine	mg	0	--	--		0

Flavonoids

Flavones						
Apigenin 4 5 6	mg	0.0	4	0		0.0
Luteolin 4 6	mg	0.0	2	--		0.0

Flavonols

Isorhamnetin 7	mg	23.6	3	0		3.8
Kaempferol 4 5 6 7 8 9 10	mg	46.8	18	5.56		7.5
Myricetin 4 6	mg	0.0	2	--		0.0
Quercetin 4 5 6 7 8 9 10	mg	22.6	18	2.94		3.6

Isoflavones

Daidzein 11	mg	0.00	1	--		0.00
Genistein 11	mg	0.00	1	--		0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 1" pieces, loosely packed 16g	
Total isoflavones ¹¹	mg	0.00	1	--	0.00	

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 10j, 2006 Beltsville MD

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